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tudes toward sex and sexuality. Most of the attitudes toward sex are negative and prudish and, at least superficially, in accord with Catholic tradition.

Women have a negative attitude toward bearing children. They try to keep the number of pregnancies to a minimum by long nursing and by abstaining from sexual intercourse. Pregnancy is commonly described as "being ill with child," and pregnant women are embarrassed by their condition and make every attempt to conceal it. There is an absence of sexual play between husbands and wives; many women refer to the sex act as "the abuse by the man," and the genitals are generally considered ugly or dirty. There is a widespread belief among adolescent girls that sexual intercourse is painful. Open courtship is not sanctioned, and girls are severely punished for having any relations with boys. The existence of the double standard and the greater personal freedom of boys and men tend to encourage male sexuality. Romantic love, as we conceive it, is practically unknown; romantic attachments are relatively superficial and easily made and broken. Courtship is an intriguing, exciting pastime but it is always cautious, seldom impulsive or passionate.

It cannot be said, however, that Tepoztecans are puritanical, nor are they burdened with feelings of guilt or concepts of sexuality as something sinful.[4] Rather, Tepoztecans place greater value upon sexual restraint than upon sexual activity; just as they do not encourage emotional expressiveness, so do they not encourage active sexuality. Adult sexual activity is discouraged, not so much for reasons of morality but for practical reasons of safety. Parents fear that a young son may make an undesirable attachment with a widow or a dangerous attachment with a married woman, or he may be bewitched by a jealous sweetheart; they fear even more strongly that their daughter will lose her good reputation and the chance of a respectable marriage. Women are generally reluctant to have sexual relations, because of unwanted pregnancies; men discourage sexuality in their wives for fear of being humiliated by the wife's unfaithfulness; wives fear the loss of income and the poor treatment which inevitably attend their husband's extramarital alliances.

While there is much gossip, there is no ostracism or public denouncement or persecution of those who are guilty of sexual indiscretion. The couple living in free union is unmolested, the promiscuous widow maintains her usual relations with neighbors and kin, the illegitimate child is given a similar if not entirely equal position in his mother's household and may receive aid and inheritance

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[4] The relative absence of guilt feelings can also be seen in the reactions to stealing and drinking. Drinking is not considered bad in itself, but may be criticized because it takes a man away from his work and takes money which may be sorely needed for other purposes. Stealing is quite frequent and may be severely punished, but it is detection rather than the act itself which is disturbing. In case histories, informants frequently refer to little stealing episodes without any manifestation of remorse or guilt, but emphasize how ashamed they were when discovered. Men do not appear to have guilt in promiscuous sexual relations with women or in deceiving young girls. Rather, they are proud of these feats and consider any conquest to their credit. There is also practically no sense of moral responsibility toward children born out of wedlock.

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Fausto P.: He ruled for about ten years. Then he beat his wife terrifically, but later he began to show all the signs, and now he says nothing.
Claudio L.: He ruled in his house for about three years. His wife had wanted to marry someone else, but her parents forced her to marry him. She began to run around with other men. She has a son of twenty years and still runs around.

Our informant, a widower, remarked about himself, "I used to say to my wife, 'I rule in my home. If you butt into my business I will kill you.' I didn't weaken, so she never ruled. Sometimes I feared she might give me some of this stuff but, thank God, she never did."

Wives who "answer" their husbands and resist their authority sometimes earn the reputation of being witches, particularly if their mothers were suspected of being witches. A wife who continues to have female friends after marriage is sometimes said to be one of a group of witches. Girls with some education also are apt to be suspected, because they do not assume a submissive role after marriage. The following case illustrates this:

A girl living in one of the smaller barrios was recently married. This girl had attended normal school and had several friends who had been her classmates there. She is known to be unusually jolly, active, aggressive, and is very pretty. After marriage, she went to live in her mother-in-law's house and soon came into conflict with her. She was so impertinent and aggressive, both to her mother-in-law and her husband, that the former began to suspect her of being a witch. Her suspicions increased when she saw that her son did nothing to control the girl and continued to show affection for her. The mother-in-law began telling people that her daughter-in-law was a witch, because when she was scolded she kept looking into the person's eyes to try to get him under her power. She elaborated this by saying that one night she saw the devil jump in at the window and carry off the girl, and that the next morning the girl was found naked near the stream.
The mother-in-law's stories came to the ears of the girl, who laughingly told her friends that from now on she was going to act like a witch and frighten her mother-in-law. She invented a little technique whereby she covered her face with her outspread fingers and stared through them with big eyes whenever her mother-in-law or husband scolded her. People say that she has both of them in her power now because when she does that, they both become quiet and keep their heads down. The young wife continues to see her friends, who have now all become known as witches among the less "modern" portion of the population.

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Information concerning the sexual relations between husbands and wives is rather difficult to obtain, because of the prevailing taboos. Even trusted informants were reluctant to discuss their intimate marital relations. This was especially true of the older generation. However, some of our younger informants gave us much material. We found that older women generally spoke more freely about sex than older men, once their confidence was gained. Widows, who have a reputation in Tepoztlán for being worldly, were among our best informants.

In sexual relations as in social relations in Tepoztlán, the husband is expected to

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593 833 take the initiative. It is the wife's duty to submit and the husband's prerogative to demand. It is believed that women have less *naturaleza*, that is, they are sexually weaker than men. Many women enter marriage with the belief that intercourse is painful. Husbands do not expect their wives to be sexually demanding or passionate, nor are these viewed as desirable traits in a wife. Husbands do not complain if their wives are not eager for or do not enjoy sexual intercourse. Frigidity is considered a source of security by the husband, for the assumption is that a frigid wife will not seek sexual contact elsewhere. A husband is more likely to suspect a wife who is passionate and may feel impelled to keep her under close surveillance. Women who are passionate and who "need" men are referred to as *loca* (crazy), and it is believed to be an abnormal condition frequently brought about by black magic. Some husbands deliberately refrain from arousing their wives sexually, because they do not want them to "get to like it too much."

One informant said he did not encourage his wife for fear that he would be unable to satisfy her when he was older. Another informant explained that he did not teach his wife what he knew about sexual techniques, because "that would be making a whore out of her." Few husbands give attention to the question of their wive's sexual satisfaction. In general, sexual play is a technique men reserve for the seduction of other women.

Much of the women's expressed attitudes toward sexual relations with their husbands dwell upon its negative aspects and reveal feelings of self-righteousness which border on martyrdom. Women speak of submitting to their husband's "abuse" because it is their obligation to do so. Most women emphasize their desire [842] to avoid sexual intercourse for a long time after giving birth, in order to avoid pregnancy. They complain of the difficulty of keeping their husbands away from them at this time, and they put it in terms of the husband not caring sufficiently for the nursing infant.

In discussing the sexual relations of husband and wife, it is important to consider [585] the fact that there is little privacy for couples even on the first night of marriage, and, as the family increases, there is less and less privacy. In view of the obligation [864] of Tepoztecan parents to protect their children from learning the facts of life, the prevailing sleeping arrangements must act as a strong inhibiting factor. We were unable to find a single informant who would admit the possibility of a child hearing his parents at night. Also, there is a strong block among adults in recalling ever having heard their parents in sexual intercourse. Tepoztecans value privacy, and, as the children grow up, they make some attempt to put the older ones in a separate room or shelter. Occasionally a couple will creep into the *temascal* (sweathouse), or go into the patio for additional privacy.

585 833 Account after account from informants indicate that most couples spent their first night with the husband's parents or other relatives sleeping in the same room. Many brides, particularly in the past, who married at thirteen and fourteen years of age and who scarcely knew their husbands before marriage, were in complete ignorance of sexual intercourse and were reluctant and fearful at first.

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According to our older informants some brides did not submit to their husbands and had to be forced to do so. In one case a thirteen-year-old girl fought off her husband for six nights. Several times she ran out of the house to evade him. He finally became embarrassed and tied her hands behind her and forced himself upon her. Another girl left her husband permanently, because he forced her to submit to him for the first time in a field. But these stories apply more to the older generation. The young people in Tepoztlán today have many more opportunities for premarital contacts with the opposite sex and are generally familiar with the details of sexual relations by the time they marry.

Tepoztecan men are, for the most part, suspicious and distrustful of their wives and believe that they are capable of being unfaithful to them at the first opportunity. Men are unanimous in the belief that women must be kept under strict surveillance and control. The adulterous activities of men reinforce this attitude toward women. "I see how easily other women fool their husbands, my wife can, too." To insure his wife's loyalty the husband seeks to isolate her from outsiders.

When the couple lives with the husband's family for several years, it is relatively easy to guard the wife; but when there is early separation from the parental home, the husband is deprived of an important source of security. It is common for husbands in this position to ask the cooperation of relatives, neighbors, and friends in watching over his wife when she is left alone. As a result of these spies, some husbands know, in any given day, exactly when their wives went out and returned, with whom they spoke, and for how long.

Wives are generally forbidden to have female friends and most women discontinue all friendships at the time of marriage. Husbands view such friends as potential arrangers or go-betweens for the wife and a lover. Men frequently drop their own friends after marriage or do not encourage them to visit for fear that some intimacy might develop between the wife and the friend. The majority of husbands are suspicious of any activities which take the wife away from home. During the first few years of marriage, most wives are not permitted to leave the house unaccompanied. In cases where young couples live alone, the wife will prefer to ask a neighbor or a relative to make purchases for her, rather than risk her husband's anger or the gossip of others by going to the market alone. Although some young wives now go out alone, they are considered suspect by others.

When a woman leaves the house she is expected to return in the shortest possible time; any delay on her part may earn her a sound scolding or beating. Gossiping with other women is discouraged and sometimes punished. Most husbands do not approve of their wives going to wash clothing at the public washing place for fear they will gossip and learn "bad things" from other women. However, the burden some task of hauling water to do the washing at home serves to keep most husbands from banning the public washing place.

The suspiciousness and jealousy of some husbands is extreme. There are cases of wife-beating merely because the husband saw a man standing at the street corner near the house and suspected him of being his wife's lover. If a wife's work is not

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578 593 One day Anastasio made a charcoal oven there to burn wood for charcoal. At once his brother and sisters interpreted this to mean that he was appropriating the land, and they all went together to denounce him. Anastasio was very much angered and said that he merely intended to burn charcoal there. His brother then demanded payment because Anastasio had cut wood without having given notice to him as elder brother. The quarrel lasted a long time and made for much bitterness and a complete break in relations. The elder brother began to spread gossip about Anastasio's wife having relations with another man. The gossip reached Anastasio's ears while he was drunk, and he attacked his wife in a rage and would have choked her to death had he not been stopped by his children. This incident, which Anastasio now attributes to his brother, has all but ruined Anastasio's marriage.

Bad feeling remained between the two brothers and between Anastasio and his sisters for a long time, but bit by bit Anastasio's bitterness subsided. He described his attitudes in these words: "We are not like animals. We quarrel a little but later we get along like brothers and sisters. To keep up grudges?—that no." There is little visiting among these families now, and Anastasio no longer asks for or accepts advice from his siblings, but he still feels obligated to inform his elder brother of events of importance, such as sending his daughter to a distant school and permitting another daughter to seek work in Mexico City. Anastasio also still sends meat to his elder brother when he slaughters a pig, and both families exchange *mole* at fiesta time. Anastasio's wife is again beginning to borrow corn from her brother-in-law when she cannot get it elsewhere, and recently when Anastasio fell from a tree and broke his hand, his brother and sister-in-law came to visit him and brought him food. Anastasio is considered "good" by his relatives, because he forgives those who cause him trouble.

COUSINS, UNCLES, AUNTS, AND OTHER RELATIVES

605 [476] The relations between cousins are often close and show some of the qualities of sibling relations. Generally an individual will have one or two favorite cousins, usually a first cousin or *primo hermano*, with whom there may be regular visiting and the giving of mutual aid. But in time of emergency, aid can be counted on even from more distant cousins. There is one important difference between cousin and sibling relations, namely, the strong taboo against sexual relations between siblings is considerably weaker in the case of cousins. It is quite common for children who are cousins to play together, particularly when the cousins live on adjoining [833] [836] or nearby house sites, and in some cases a boy's first sexual experience will be with an older cousin. The Spanish refrain, "A la prima se la arrima," has some application to life in Tepoztlán.

604 [476] [578] [428] The relations between uncles and nephews is more of a respect-relationship but it may also become quite intimate. An uncle is often a child's favorite and will frequently bring some gift for a nephew or niece. The fact that the uncle relationship has more of the respect quality makes it a more solid relationship than the sibling relationship. Work exchanges between uncles and nephews occur more often than between married siblings. But quarrels with uncles also occur, particularly over matters of inheritance. We have a number of cases where, upon a man's

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with warm oil of rosemary and violet are given to "heat" the womb. A woman who wishes to prevent conception takes "cold" medicines. A woman who wishes a child and cannot conceive may visit the Virgins of Chalma or Tlaltenango, who are believed to have special powers to grant the desire for children. There is a belief that if conception occurs during the full moon, the child will be strong, and married couples sometimes plan to have intercourse during this time.

The most common symptom of pregnancy is the cessation of menstruation. This is almost always true of a first pregnancy, but may not hold for subsequent pregnancies. Menstruation often does not occur for as long as one or two years after giving birth to a child. Since many women conceive during this period, they do not know that they are pregnant until they feel movement or other symptoms, such as nausea. Sometimes women do not become aware of pregnancy because they continue to menstruate for two or three months after conception. This condition is attributed to *los aires* or to weakness of the back

When Tepoztecan girls married at a younger age than they do now, they were often ignorant of the signs of pregnancy. They would report the cessation of menstruation to the mother-in-law, who would explain its meaning. The girl's own mother would be advised, but the respect-relations and sense of shame between mother and daughter prevented much direct discussion. The young pregnant wife becomes dependent for advice and care upon her mother-in-law, who may keep the girl's mother informed if she wishes to do so. In later pregnancies, mothers and daughters are generally less inhibited in their behavior toward each other.

Pregnant women make every effort to conceal their condition by carefully covering themselves with their *rebozos*, both at home and in the street. When the pregnancy becomes very obvious, women keep to their homes and the more "careful" mothers remain seated as much as possible, so that their children will not take note of their condition. Women who are careless about concealing their condition are looked down upon. City women who walk in the street without *rebozos* to hide their pregnancy are regarded as particularly shameless. Once a city woman who did not wear a *rebozo* came to live in Tepoztlán during her pregnancy, but left shortly because no one would speak to her. Tepoztecans had ostracized her because she was "opening the eyes of their children." More recently Tepoztecans were aroused by the fact that one of the schoolteachers continued to attend school, although in an advanced stage of pregnancy. The school director was chastized, and the teacher was asked to resign.

When a woman knows she is pregnant she informs her mother-in law, if residence is patrilocal, or her husband, and arrangements are made to hire a midwife. The cost of the midwife has risen, from about ten pesos in 1943 to about twenty pesos in 1948. Before the Revolution, midwives in Tepoztlán received as little as one and two pesos. The rise in price reflects the increasing urbanization of Tepoztlán, as well as the general rise in cost of living in recent years.[3]

[3] In Mitla, in the 1930's, midwives were paid 75 centavos for delivering a girl and one peso for a boy. See Parsons, *Mitla*, p. 78. In Tzintzuntzan, midwives received from 3 to 7 pesos in

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There is a belief that if an eclipse occurs during a woman's pregnancy, the child will be born with some part of his body missing; that is, it will have been eaten by the moon. To prevent this the mother should wear a pair of scissors under her sash. An earthquake will also cause some physical defect in the child.

There are no diet restrictions for pregnant women. There is a widespread belief that the pregnant woman should satisfy any food whim, otherwise she may suffer a miscarriage or a premature birth, or the baby may be born with skin colorations. Many subsequent difficulties are assigned to the failure to satisfy food whims. It is the husband's obligation to provide his wife with the food she wishes. But women do not make frequent or unreasonable demands, particularly if their husbands are not "good" to them.

Women who are nauseated during the second and third months are treated with herbs which are said to decrease the water in the abdomen. Many women do not take this treatment because of the restriction in diet and movement that follows. They may not go out into the street for three days, they may not go to the fields or to the stream, they may not stand near a water jug.

There are no restrictions on sexual intercourse during pregnancy, and many continue to have intercourse up to the time of birth. No special positions are used in the last months to protect the fetus.

When there are signs of miscarriage, the midwife tries several remedies. The patient may be asked to recline on a *rebozo* or cloth and is then moved or jerked two or three times from one side to another by means of the cloth. Another remedy is to soak an old tortilla in water of *nixtamal* or vinegar and place it on the small of the back. A mixture of the following herbs is also used: *tlatlazcametl*,[6] *camotito de San Diego*,[7] and *muicle*.[8] To this some midwives add wine, chocolate, leaves of *Santa María* (*artemisa*),[9] and a gold earring to be boiled with the mixture. Miscarriages are not frequent, and when one occurs the woman is often blamed for bringing it about by carelessness.

Induced miscarriages are fairly common. But the frequent deaths in such cases deter most women, and it is said that women who try to "cure" themselves will have to account for their behavior on Judgment Day. Miscarriages are said to cause *paños* or brown discoloration of the skin, so that women who suffer from this are believed to have aborted frequently. To bring on delayed menstruation, many women drink *muicle*. Ground *chayotillos* with salt may be taken, or a tuber *aboyote* may be used. Another way is to use the same preparation which brings on labor. The ingredients are as follows: opossum tail (*tlacuache*), *pimienta gorda*, *sasalik*, and *tlatlatzcametl*. Sometimes women will bring about a miscarriage by deliberately lifting heavy objects. Many women, and particularly unmarried girls, secretly go to

[6] *Montanoa tomentosa*, a very well-known plant. See Maximiano Martínez, *Las Plantas Medicinales de México* (México, D. F.: México Ediciones Botas, 1939), p. 330.

[7] Unidentified.

[8] *Jacobinia spicigera*, *ibid.*

[9] Unidentified.

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842 prevent the reappearance of menstruation for as long as two years. According to
846 them, the ideal length of time to abstain is one year. Some women boast that they abstain for two years, and grandmothers say that in the old days women were not "molested" by their husbands for as much as three years, and that children were often born four and five years apart.

833 Today women complain that their husbands do not wait long enough and force
846 their wives to resume intercourse after six months, some even sooner. Generally it is the husband who is blamed for the early resumption of intercourse, but it is recognized that some women are *calientes* and lack self-control. Such women are
[853] considered selfish because they are often *añeras*, women who have babies every
[624] year, and endanger the life of the child, who must be weaned too soon. *Añeras* are subject to much gossip, but they are relatively rare. Most women are glad to avoid sexual intercourse, which is frequently referred to as *abuso de hombre*, male abuse.

The following expresses the attitudes of many women, "My grandmother told me to guard myself from men for they are the danger. I don't protect myself from work. The thing I am afraid of is the man. My husband respects me and doesn't insist even when he is drunk. That is why I am never pregnant when I am raising little ones." The majority of husbands refuse to abstain as long as the wives wish them to, and many men use the threat of taking a sweetheart to get their wives to comply. The wife who is not jealous is fortunate, because then her husband can leave her alone for a long time. Those wives who are jealous "give in" to their husbands to keep them from going to other women and may resume intercourse in as little as two or three months. It is one of the obligations of the mother-in-law to warn her son not to "molest" his wife and to urge the daughter-in-law not to be jealous. However, it takes money to have a sweetheart or to go to prostitutes. More often the poor couple will resume intercourse sooner than others.

846 The extended rest of the new mother also allegedly prevents backaches, illness,
[853] and ugly skin discolorations (*paño*) on the mother's face and protects the baby's supply of milk. Thus, the good husband and father owes it to his wife and child not
[357] only to abstain from sexual relations, but also to hire a servant for two or three months. Many husbands are unable to do either. If a woman's skin remains clear of *paño* and wrinkles, it is said that "her husband has been good to her" and that "she knew how to take care of herself." When the couple lives with the husband's parents
[606] it is one of the more important obligations of the husband's mother to see that her daughter-in-law receives the proper postnatal care. Normally, a woman, who is married under both civil and religious law and who has had the blessings of both sets of parents, can expect to receive the required care. Because of the expense in-
[735] volved, a poor woman is not always certain of getting the maximum amount of rest and attention, but women of more means are always assured of it. Even among very poor families, if other conditions are favorable, women are well cared for after
[848] giving birth. This is not true for unmarried mothers, abandoned mothers, poor
[588] women without close relatives, women living in free unions or married only under civil law, mothers of very large families, and other special cases.

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be cause for a sharp scolding or slap. Ideally, the girl is not supposed to leave the house unaccompanied, though expediency frequently demands that she does.

The responsibility of guarding the chastity and reputation of one or more daughters of marriageable age is often felt to be a burden by the mother. One mother said that she wished her fifteen-year-old daughter would marry soon because it was inconvenient to "spy" on her all the time.

For most girls, the appearance of the first menses is a traumatic experience. Many fear it signifies that they are no longer virgins, others that they have an internal lesion and will bleed to death. Most girls associate it with something shameful, dirty, and even punishable, and keep it secret from parents and sisters. A very much frightened girl sometimes seeks reassurance by confiding in her grandmother or in a friend. Girls who are still in school at an age when there is interest in such matters generally learn some of the facts of menstruation from other girls. There is a tendency for more educated girls to feel less guilt and be less secretive about menstruation both in school and at home, but almost all girls express shame and disgust in connection with it.

When girls married before puberty, it was widely believed that menstruation was caused by sexual intercourse. When marriages began to take place after puberty, this belief broke down and is no longer held by most people, but it still persists among some. For example, an uncle, who accidentally became aware that his fifteen-year-old niece was menstruating, denounced the girl as not being a virgin and scolded her mother for not guarding her.

The grandmother, or the mother when she learns of it, gives the girl advice on proper care during menstruation. Most warn against bathing or washing the feet or eating "cold" foods, such as pork, avocado, beans, and lemon, since these are believed to stop the flow. Menstruation is expected to last three days, and the flow is generally sparse, requiring only the wearing of an extra pair of underdrawers. If the flow is longer than three or four days, there is some concern over it, and herb medicines are usually taken.

The adjustment of the adolescent girl to her situation at home varies considerably. In large part it depends upon the girl's relations with the mother, since it is with her that there is most contact. The close relationship of the adolescent girl with her mother is recent in Tepoztlán, for child marriage and patrilocal residence in past years effectively severed the mother-daughter tie. The young daughter-in-law was looked upon as the main source of assistance for the mother. Now it is the grown daughter who partially fills this role. Her work is obligatory, "Why then do we rear children except to help us?" The mother of a grown girl is considered fortunate because "now she has someone to work for her."

Many of the attitudes of the mother-in-law toward the daughter-in-law have been carried over to the daughter. There is a tendency for mothers to "retire" from most of the heavy household duties and to shift the major burden of the household upon the daughters, assuming the role of director rather than partner. Many mothers are critical, demanding, and querulous with their daughters and scold